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HALIFAX

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Monday, January 10, 2011
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News worth sharing.

Young woman dies in stabbing

► There appears to have been between 25 and 30 people at a party where an altercation occurred, and witnesses are asked to come forward: Police spokeswoman

A 19-year old woman was stabbed to death outside her sister's apartment building on Saturday night.

Halifax Regional Police were called to a building located at 117 Pinecrest Dr. known as "the Richelieu" at 11:20 p.m. Saturday. When they arrived, they found a woman lying on the floor inside the building's front doors. She was pronounced dead on the scene.

According to police spokeswoman Theresa Rath, officers believe the woman,

"We do believe there were a number of people who probably saw what happened, and we're asking them to come forward."

TERESA RATH, HRP SPOKESWOMAN

who has not been identified, was attending a party at her 32-year-old sister's apartment. A fight broke out, spilling onto the lawn, and resulted in the stabbing of both

the woman and her sister.

The sister was treated in hospital and released.

Rath said police are looking for a dark-coloured Mercedes Benz with the licence plate EJB 986. Rath said the plate is not associated with any vehicle but could not elaborate.

Police are also looking for Mason Brent Ardell Borden, 21, of Dartmouth. Borden is known to police and they believe he could be related to the vehicle. ● ALEX BOUTILIER

RYAN TAPLIN/METRO



► A Halifax Regional Police officer walks by an apartment building in Dartmouth yesterday morning where a 19-year-old woman was fatally stabbed late Saturday night.

Local

Shooting lands man in hospital

► RCMP called to North Preston home after reports of gunfire ► 24-year-old victim 'well-known' to police, says sergeant {page 2}

Chef puts P.E.I. in spotlight

Michael Smith exploring people, places and food in new TV series {page 9}



Fiery crash on Highway 107

Truck, bus collide in blizzard-like conditions {page 3}

Poisonous politics?

Attempted killing of U.S. Democrat stirs debate {page 4}

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It may get more expensive to play

Fees to use sports fields and baseball diamonds in HRM may be going up.

A report from the desk of interim CAO Wayne Anstey recommends increasing rates by \$5 an hour for minors and \$10 an hour for adults.

According to the report, HRM spends \$2.5 million on sports field maintenance each year, and recovers just under \$200,000 through user fees.

The fee increase would bump that number up to nearly \$273,000.

The report says staff will ensure public consultation occurs before any further fee increases, although the report does not mandate it.

● ALEX BOUTILIER

Robbery suspect arrested

Police cornered a suspect in an office building break and enter on the weekend.

Police said witnesses called police at around 2:30 a.m. Saturday morning to say a man had smashed out a window at 1645 Granville St. Police arrived quickly, surrounded the building and arrested a 27-year-old man. ● JENNIFER TAPLIN

Drugs, guns seized from home

Police found cocaine and two handguns during a search of a residence on Highfield Park Drive on Thursday. A 26-year-old Dartmouth man will face several drugs and weapons charges.

● JENNIFER TAPLIN

Long-term transit plan on the table at council

Halifax Regional Council will be asked to approve long-term strategic plans for the municipality's ferry and Access-a-Bus programs tomorrow.

Council first received reports recommending increased service for both

Slippery. Commute



► A cyclist pedals down a Dartmouth street during a heavy snowfall yesterday morning. Today's forecast calls for some nicer weather with a mix of sun and cloud and a 40 per cent chance of flurries in the morning.

RYAN TAPLIN/METRO

Snowy Sunday gives way to a nicer Monday

Shot man pulled from car

- North Preston man hospitalized with single gunshot wound
- Few details regarding victim's condition, identity available

Victim known to police

► Staff-Sgt. Scott Warnica said he could release few details concerning the victim's identity. He did say, however, that the victim is "well-known" to police. "We don't believe this was a random act of violence," he said

A 24-year old man was taken to hospital after an early morning shooting in North Preston yesterday.

RCMP were called to a home on Downey Street just after 4:30 a.m. after receiving reports of gunfire.

As they approached North Preston, they met a car speeding in the other direction. The vehicle was pulled over, and the victim

was discovered inside. An ambulance was called, and the victim was transported to the QEII Health Sciences Centre.

Neither the victim's identity nor condition are known at this time.

RCMP spokesman Staff-Sgt. Scott Warnica said po-

lice began a search of the residence in which the shooting occurred yesterday afternoon.

"(The integrated crime unit) has executed a search warrant of the residence," he said.

"Our forensic identification section member has been up there and collected some evidence as well."

● ALEX BOUTILIER

News in brief

Park to get walking trail

GRAVES ISLAND. A walking trail will be built on Graves Island Provincial Park. "This is an exciting development for one of the most popular camping parks of the provincial park system," said Community Services

Minister Denise Peterson-Rafuse. ● JENNIFER TAPLIN

Man leaves empty-handed

ATTEMPTED ROBBERY. A man armed with a gun attempted to rob a gas station but ended up leaving without anything, police said. The nervous would-be robber fled the store on Old Sambro Road yesterday. ● JENNIFER TAPLIN

Speed skaters set blizzard pace at snowy weekend race

Halifax got its first taste of the Canada Games competition when skaters took to the ice at the Skate the Commons Marathon at the Halifax Common this weekend.

The marathon started with a 5-kilometre and 10-km race on Saturday morning and a 25-km race Saturday afternoon. But due to heavy snowfall, yesterday's 40-km race was changed to a one-hour blizzard race, said Sheila McGinn with the Dartmouth Speed Skating Club and organizer of the marathon.

Instead of racing 40 km, racers had one hour to complete as many laps as they could. Racers averaged at 55 to 70 laps, just

"It was very windy, and snowy and the conditions weren't perfect, but I think everybody had a good time and had a good race."

SHEILA MCGINN, RACE ORGANIZER

over half of the 40 km.

"But people seemed to have had a really good time," said McGinn.

Andrew Keilty, who competed yesterday, said he enjoyed the race, and though he's new to speed-skating he hopes to participate in any future races.

"Hopefully this is one of several more races of its kind to come," he said.

● JORDAN MINX

PICKPOCKET PICKUPS

Gay dating sites used to target robbery victims

Police in Halifax are warning people — particularly gay men — to be careful using online dating sites following two recent robberies that officers are linking to one of the social forums.

Const. Brian Palmeter said in both cases men picked up someone they

met online and were later robbed when they went to another location together.

In the first incident, a 35-year-old man picked up a man he had met through the dating site Plentyoffish.com.

Palmeter said the men drove to a parking lot in Point Pleasant Park yesterday and were surrounded by two others, who threatened the victim and demanded money.

The second robbery occurred Thursday when a 29-year-old man picked up a man he had met online and drove to the south end of Halifax, where he was robbed. **THE CANADIAN PRESS**

Morphine, knife found on man fleeing arrest, police say

When police tried to arrest a man on Thursday night, they say he tried walking away.

Police say they wanted to arrest the 23-year-old Halifax man for allegedly breaching court conditions. Police say they restrained him, and found morphine and a switch-blade knife.

● JENNIFER TAPLIN

Deaths and injuries on job decline: Province

The Nova Scotia government says the number of workplace deaths and injuries in the province declined in 2010.

The government says there were 21 deaths on the job last year, which was down from 32 in 2009.

As well, information from the Workers' Compensation Board indicates that injury rates dropped 16 per cent since January 2008.

THE CANADIAN PRESS

Inciting. Hatred



▶ Justin Rehberg, left, and his brother Nathan leave the provincial Supreme Court in Kentville in November.

ANDREW VAUGHAN/THE CANADIAN PRESS

Cross-burning brothers to be sentenced

Both Rehberg brothers were convicted of inciting hatred and criminal harassment after burning a cross in front of an interracial couple's home last year. Nathan will be sentenced this morning in Kentville while Justin will be sentenced tomorrow in Windsor.

Pickup truck hits bus in whiteout

- Initially 10 people were sent to hospital, but only three were admitted
- Bus driver had to be cut from wreckage
- Weather was a major factor

Three people were admitted to hospital Saturday following a collision between a pickup truck and a small bus near Lake Echo, N.S.

The crash, in blizzard-like conditions on Highway 107, initially sent 10 people to the emergency room.

RCMP said the driver of the pickup, which was towing a small trailer, es-

caped from the heavily damaged vehicle just before it burst into flames.

The bus driver had to be cut out of the wreckage.

"He seems to have sustained the worst of the accident," said Const. Heidi Stevenson. "But even there, the hospital has advised that everything is manageable and his injuries, although serious,

"Once he lost control of that truck and crossed the centre line there was little either driver could do."

CONST. HEIDI STEVENSON

are not life-threatening."

Stevenson said weather was a major factor in the

crash, causing the driver of the truck to lose control and skid across the road.

There were whiteout conditions even as police were responding to the accident.

Several passengers who were able to get off the bus returned to aid the rest with the help of passing motorists.

THE CANADIAN PRESS

Shorter parking ban considered

Halifax Regional Council will discuss a motion from Coun. Jennifer Watts to reduce the hours of the municipality's parking ban today.

Watts' motion recom-

mends asking HRM's Traffic Authority to consider reducing the ban from between 1 a.m. and 7 a.m. to between 2 a.m. and 5 a.m.

The motion suggests this would help provide

on-street parking for those socializing and patronizing businesses in the early hours of the morning. It also allows for the Traffic Authority to suggest an alternative

plan should the reduction prove unpalatable.

● ALEX BOUTILIER



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Arizona massacre highlights toxic politics in the U.S.

► Congress member Gabrielle Giffords fights for life in hospital

The attempted assassination of an Arizona Democrat who backed Barack Obama's health-care overhaul and opposed her state's controversial illegal immigration crackdown has ignited debate about the toxic rhetoric plaguing the nation's political discourse.

U.S. Congresswoman Gabrielle Giffords was fighting for her life yesterday in a Tucson hospital, but expected to survive after she was shot in the head at point-blank range a day earlier while meeting with constituents outside a grocery store.

She was the primary target of a 22-year-old suspect now in custody; six others, including a federal judge and a nine-year-old girl who was born on Sept. 11,



► Gabrielle Giffords

2001, were killed. Another suspect was being sought Sunday by the FBI.

In the hours following the shooting, a disturbing array of information emerged about Jared Lee Loughner, a self-described Adolf Hitler fan with a loathing of government. Revelations that he was a

"political radical" angry at government resulted in almost immediate political ramifications.

Leading congressional Republicans said they would postpone plans to vote on repealing Obama's health-care legislation this week in Congress. The website of Sarah Palin's action committee also removed a map of the U.S. that featured Giffords' congressional district, along with several others, placed under crosshairs.

Giffords personally complained last year about the map, and Palin, known for her "don't retreat, reload" slogan.

Giffords' support of so-called Obamacare made her a popular target of Palin and Tea Party members. **THE ASSOCIATED PRESS**

Baffinland Iron Mines takeover deadlocked

The standoff between the world's largest steelmaker and a private equity fund over Baffinland Iron Mines Corp. appears headed for a stalemate.

A takeover offer by ArcelorMittal was set to expire at midnight tonight, but whether the company was going to receive enough shares to cement its bid was unclear.

And that's just fine for former Baffinland chief executive Gordon McCreary, who welcomes any delay as he works to put together a third option with an unidentified Chinese firm.

"Time is my biggest enemy in terms of trying to attract the Chinese to move on this," says McCreary, who is expected to head to China this week to talk to his potential investor.

McCreary, who stepped

Share value

ArcelorMittal has offered \$1.40 per share, valuing the company and the massive Mary River iron ore project deep at about \$550 million.

► Nunavut Iron only wants to take control of the company by increasing its stake in Baffinland to 60 per cent.

► The company already owns about 10 per cent of Baffinland's equity.

► The offer was to expire today, but is now expected to be extended.

down from the Baffinland board in November after

ArcelorMittal's friendly deal was announced, believes both of the current offers greatly undervalue the company's potential.

The two current potential buyers are fighting to control Baffinland's Mary River project on northern Baffin Island, about 1,000 kilometres northwest of Iqaluit. It contains 865 million tonnes of iron ore reserves in three deposits. In exploration this year, Baffinland identified six other potential deposits.

Jennings Capital analyst Peter Campbell said the Chinese don't like bidding wars.

"The Chinese don't like to pay expensive prices and this is starting to get a little expensive and also the Chinese tend to react a little more slowly," he said.

THE CANADIAN PRESS

Montreal mom calls for nurse-in

Supporters are rallying behind a Montreal mother who was asked to stop breastfeeding her five-month old baby in the play area of a downtown children's store.

Shannon Smith was shopping at a store called Orchestra this week when she began to nurse her infant in a semi-secluded seating area for kids.

A store clerk approached, Smith said, instructing her and another mother who was breastfeeding nearby to stop.

Smith's blog post about the incident has spread quickly online, and supporters are planning to stage a nurse-in at the store later this month.

THE CANADIAN PRESS

"It's shocking that people still have an attitude that women shouldn't breastfeed in public."

SHANNON SMITH



► Former U.S. president Jimmy Carter and former UN secretary general Kofi Annan in Juba, Sudan.

SUDAN GOES TO THE POLLS IN REFERENDUM

Around four million Southern Sudanese voters have begun casting their ballots in a weeklong referendum on independence expected to split Africa's largest nation in two.

South Sudan President Salva Kiir called the vote a "historic moment" as he cast his vote in front of a cheering crowd of hundreds of Sudanese voters lined up in front of the polling station, along with actor and Sudan activist George Clooney and U.S. Sen. John Kerry.

The oil-rich, mainly Christian south is widely expected to secede from the mainly Muslim north. The north has promised to let the south go peace-

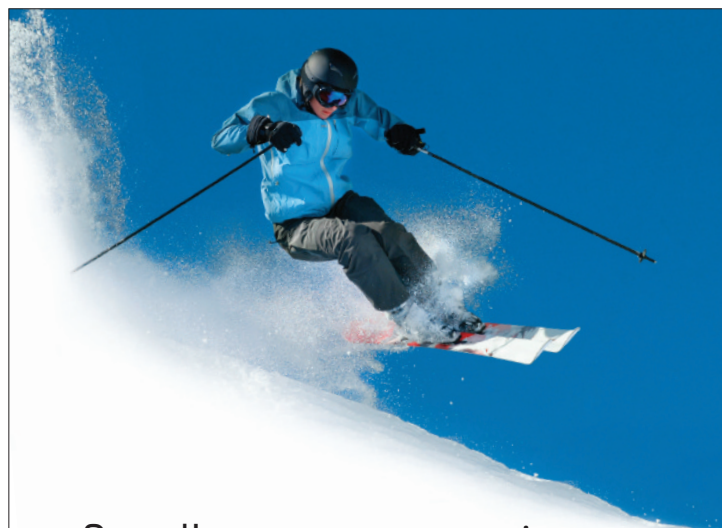
fully if it votes to secede.

The referendum is part of a 2005 peace deal that ended a two-decade civil war in which over two million died.

U.S. President Barack Obama said yesterday the world is watching.

Writing in The New York Times, Obama said that not every generation has the opportunity to "turn the page on the past and write a new chapter in history."

"Yet today after 50 years of civil wars that have killed two million people and turned millions more into refugees this is the opportunity before the people of southern Sudan," he said. **THE ASSOCIATED PRESS**



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HISTORY HAS A WAY OF REPEATING ITSELF

Urban Compass

STEPHEN KIMBER



In its traditional year-end orgy of page-filling lists of accomplished Canadians — young, old, corporate, literary — the Globe and Mail named Peter Munk, 83-year-old chair of “multinational mining giant” Barrick Gold Corp., a finalist in its nation-builder category.

Though born into a well-to-do Budapest Jewish family in 1927, the Nazi occupation wiped out the Munk fortune. Refugee Peter eventually ended up at the University of Toronto, where he studied electrical engineering and launched his business career in the 1950s.

The Globe said it chose Munk for using his personal fortune “to support Canada’s role on the world stage by focusing his philanthropy on education and health care.”

“It is your obligation to give back as much as you have taken from a country,” Munk said — though not, it should be said, from the Canada he had helped to build, or even about that part of Canada from which he had taken much.

Speaking from his winter home in Switzerland, Munk explained: “I’ve made some money and I wish to give it back.”

He has.

Last year, he gave \$35 million — the U of T’s largest ever individual donation — to expand its Munk School of Global Affairs,

which an earlier Munk gift helped establish. His name — and generosity — also graces the Peter Munk Cardiac Centre at Toronto’s University Health Network.

Intriguingly, the Globe’s gushing profile makes

only glancing reference to one of Munk’s formative business experiences, Clairtone Sound Corp. — an experience for which Nova Scotia taxpayers paid dearly.

In 1958 — with \$6,000 — Munk started a small, innovative

Toronto-based hi-fi manufacturer called Clairtone. Its success prompted Nova Scotia’s industry-parched Stanfield government to lure the company here with grants and incentives. The dream — to sell to the world.

The dream fizzled. By the time the nightmare ended, Clairtone had saddled Nova Scotia taxpayers with \$20 million in debt.

Peter Munk? Well, we know he learned some lessons, which he clearly applied elsewhere. While he has never forgotten Toronto, Munk appears to have long since wiped Nova Scotia from his memory — and philanthropy — map.

Pity, too, that Nova Scotia has never learned its Clairtone lesson.

We’re still a sucker for someone else’s dream.

“By the time the nightmare ended, Clairtone had saddled Nova Scotia taxpayers with \$20 million in debt.”

Cartoon



MICHAEL DE ADDER
After metro

Info not so free: Study

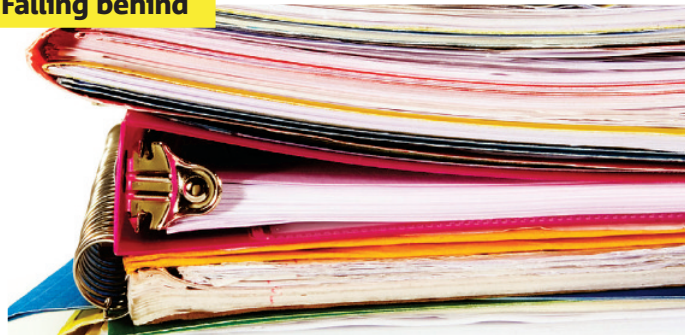
Worth mentioning

A new study ranks Canada dead last in an international comparison of freedom of information laws — a hard fall after many years being judged a global model in openness.

The study by a pair of British academics looked at the effectiveness of freedom of information laws in five parliamentary democracies: Australia, New Zealand, Ireland, the United Kingdom and Canada. New Zealand placed first and Canada last.

The authors criticized Canadian FOI law as an antiquated system that generally prevents citizens from filing requests electronically and compels them to

Falling behind



submit paper cheques to cover fees.

As freedom of information came to be regarded as a building block of modern governance, countries around the globe would often seek Canada’s advice on how to implement such legislation. But today, with more than 70 countries on the FOI bandwagon, Canada has become a laggard —

and, paradoxically, an occasional source of advice on how not to implement freedom of information, says Canada’s information commissioner Suzanne Legault.

“I’m not surprised that they ranked Canada last,” she said of the latest study. “We were seen as the leaders ... We have fallen behind.” THE CANADIAN PRESS

What’s your least favourite day of the week? Why?

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Metro Minute with sea folklore

Songs and superstitions of the sea have always flowed in Nova Scotia like the tide. Folklore researcher and performer Clary Croft is giving a musical lecture tonight. His subjects will include: Shipwrecks, work songs, women who disguised themselves as boys, nautical witch lore, true tales of the sea, sea monsters, ghostly encounters, and Nova Scotia’s proud

naval heritage. Croft will share a wealth of tales and songs from the collection of his mentor, Helen Creighton.

He will also perform contemporary songs and his own stories.

The musical lecture starts tonight at 7:30 at the Maritime Museum of the Atlantic. Donations to Feed Nova Scotia will be welcomed. ● METRO



► Clary Croft will perform a musical lecture tonight at 7:30 at the Maritime Museum of the Atlantic.

2
scene

Box office



True Grit has seized the reins at the weekend box office with \$15 million, taking the No. 1 spot and becoming the first Western to top the \$100 million mark since the 1990s. The film, starring Jeff Bridges and Matt Damon, bumped off Robert De Niro and Ben Stiller's comedy Little Fockers, which was No. 1 the previous two weekends. Little Fockers slipped to second with \$13.8 million, raising its total to \$124 million. Directed by Joel and Ethan Coen, True Grit lifted its total to \$110.4 million.

THE ASSOCIATED PRESS

Controversial series looking for a home



► Katie Holmes is pictured with her daughter, Suri, leaving the set of *The Kennedys*.

► TV show about the Kennedy family won't air on History channel

► Eight-part series starring Katie Holmes faced major backlash

After the History channel said it would not air a controversial miniseries on the Kennedy family, producers were already seeking another television home.

The Showtime pay cable network has been approached to air the eight-part series, a spokesman said on Saturday. Eight years ago, Showtime aired a movie about President Reagan that CBS had made but decided not to broadcast when it faced pressure from some of that former president's family.

Showtime won't make a decision about the Kennedy miniseries until its executives have a chance to see it, spokesman Richard Licata said.

The multi-million dollar miniseries, which stars Greg Kinnear and Katie Holmes as John and Jackie Kennedy, was History's most expensive project ever. But the network issued a statement late Friday saying that after watching the finished product, "we have concluded this dramatic interpretation is not a fit for the History brand."

Producers have sold the rights to air the series in other countries, including Canada.

The producers, Muse Entertainment and Asylum, said in a statement they were confident television viewers in the U.S. would

Jackie's tapes

- Hyperion, a Disney-owned publisher, in September plans to release a book and audiotapes based on interviews that Jackie Kennedy gave to historian and family friend Arthur Schlesinger Jr. in 1964.
- They had been sealed since then but will be released on the OK of daughter Caroline Kennedy, who is scheduled to edit the project and write an introduction.
- This year marks the 50th anniversary of the first year of Kennedy's presidency.

have a chance to see the series, though a concerted effort was made to quash it. Liberal filmmaker Robert Greenwald collected 50,000 petitions urging History not to air it, and he produced a short film condemning the project on a website, stopkennedys-mears.com.

He had been given an early script, which included one scene where President Kennedy tells his brother Robert about his need to have sex with other women.

Former Kennedy aide Theodore Sorensen also harshly condemned the film, saying scenes in the script where he was depicted didn't actually occur.

THE ASSOCIATED PRESS

It's been a long time coming for Marilyn

Beloved broadcaster Marilyn Denis endured a couple of false starts over the past two years as she and CTV worked to bring her new daytime lifestyles and entertainment talk show to air.

She says the sluggish economy stalled the development of *The Marilyn Denis Show* in fall 2008, and then in the fall of 2010 the launch was further delayed as construction continued on a new studio.

Showtime

- The Marilyn Denis Show show will air weekdays from 11 a.m. to 12 p.m. on CTV.

Now, with the show finally set to debut today, Denis says she's happy she didn't have to return to TV immediately after she left her longtime hosting gig at Citytv's *Cityline* about two-and-a-half years ago.

"My mother got sick and so I was travelling a lot to Calgary, so in a way it was a blessing," Denis, longtime co-host of CHUM FM radio's morning show *Roger, Darren and Marilyn*, said in a recent interview.

"My mother passed away a year ago in July but it was great that I could be there with my sisters, be there obviously with my mother and be there for my dad in Calgary. And the economy being what it was ... it al-

most was a blessing."

Like *Cityline* — which Denis left when it became a property of Rogers Media — *The Marilyn Denis Show* will focus on entertainment and lifestyles topics, including fashion, cooking and decor, and feature guests and a team of experts in front of a live studio audience.

But the new series will be more celebrity-driven, she confirmed.

THE CANADIAN PRESS



► Marilyn Denis

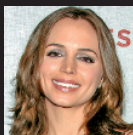


PBS may revisit *Loud family* to coincide with HBO film

Celebrity tweets



Paula Abdul (@PaulaAbdul) you may tweet people that don't get back to you right away. PLEASE understand that they're HUMAN. they do what they can & that's enough.



Eliza Dushku (@elizadushku) Diggin' the Las Vegas CES digital world...! Meeting MAD peeps & peeping CRAZY new gadgets.



Conan O'Brien (@ConanOBrien) After seeing "Black Swan" last night, I no longer think I have what it takes to be a great ballerina.

Justin Bieber talks love life (or not)

► Pop singer shoots down questions about Selena Gomez ► He says Cheryl Cole is 'too old' for him

Justin Bieber is getting touchy about questions about his love life. When a reporter from Heat pressed him on rumors about he and Selena Gomez dating, the Canadian teen star interrupted, saying, "I think that question is just asked way too much," Bieber said.

"I'm not going to be able to have a personal life if I keep being asked that question. So I'm not answering that question ever again."

And when the reporter asked him about a possible crush on X-Factor star Cheryl Cole, Bieber was equally combative. "Well, first of all, it would be illegal cause she's, like, too old," he said. "My mom's 35, so she's closer to my mom's age than she is mine." ● METRO



► Justin Bieber is reluctant to discuss romance rumours.

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3
life

Laundry tips



This winter, follow these laundry tips and tricks on how to best care for winter fabrics.

- Soften rough fabrics by washing clothes with a liquid fabric softener that is free of dyes and perfumes.

- Mittens, hats and scarves need to be washed just as often as our other clothing.

NEWS CANADA



Innovative product winners from Good Housekeeping include corckcrew bobby pin.

- Many tweens and teens are refusing to put on coats, even in freezing temperatures
- Experts say girls may feel uncool, while boys may be dealing with developing masculinity

SHELLEY ROGERS LANDES/ THE ASSOCIATED PRESS



► Many tweens are wearing sweatshirts and shorts year-round and are so insistent that some parents have given up the winter wear fight.

Winter is about snow and coatless tweens?

Among the great spectacles of winter, along with the northern lights and frozen lakes, are coatless kids.

For example, Jack Rogers, 12, of Fishers, Ind., was wearing shorts last week. "I have to pick and choose my battles," says Jack's mom, Shelley Rogers Landes. "I need to let him make decisions that really are inconsequential at the end of day."

Jack explained his reasons for dressing light in winter: "Coats are just a hassle, putting it all on. It makes me bulky. I just like to be in short sleeves."

Carleton Kendrick of Millis, Mass., a family therapist, says that for teens, "wearing bulky winter coats, gloves, boots and hats screams nerd, geek, baby, dork... UNCOOL!"

Kevin Nadal, an assistant professor of psychology

at John Jay College of Criminal Justice in New York City, says, "boys at this stage are dealing with developing their masculinity. So in many ways, toughing it out by not wearing warm enough clothes may be a way for them to appear manly."

Other parents refuse to capitulate to the "dress-like-it's-June" mentality.

"It is worth the fight," said Mara Woloshin, mother

of a 14-year-old in Portland, Ore.

"Kids will work to wear parents down. At the same time, very few parents know that a gentle 'no way' goes a long way toward gloves and a hoodie."

"It's our job as parents to make men out of boys and try to civilize them in the process!"

Dr. Art Strauss of Alaska says frostbite is seen most often among people who

are unprepared for extreme cold.

He adds that tourists in Alaska who watch the Northern Lights but fail to cover their ears sometimes develop "Dumbo ears" — severe swelling, blistering and redness.

"This should make any teen with any shred of vanity wish to wear a hat in colder temperatures," Strauss said.

THE ASSOCIATED PRESS



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Spotlighting P.E.I.'s people, places & food

► Michael Smith stars in Food Country, a web series

Chef Michael Smith is putting his home province in the spotlight with a new online web series featuring the people, places and foods of Prince Edward Island.

The Food Network Canada star is teaming with the Culinary Alliance of Prince Edward Island to produce Food Country.

The 24-episode series features Chef Smith as he sources ingredients throughout Prince Edward Island and returns to his kitchen to cook and create delicious dishes.

A new episode will launch each week, alternating between "field" and "kitchen" episodes.

The field features will see Smith visiting potato farms, vegetable farms, beef farms, oyster beds, local markets and a vodka distillery, or heading out onto the water aboard a lobster boat.

Meanwhile, in the kitchen, he will transform ingredients that he discovers into simple dishes.

The debut episode features Chef Smith visiting the vegetable farm Brook-



► Chef Michael Smith's web series features him exploring his home province and cooking simple dishes.

field Gardens.

"We're showing the world what a special food destination we are, how food is woven into the tap-

estry of our culture and why we're worth a special visit," Chef Smith said in a press release.

THE CANADIAN PRESS

Garlic Steamed Broccoli

Preparation:

1 Cut the broccoli into small florets. Trim the stalk bottom and discard. Cut the remaining stalk into thin slices.

2 Splash enough water into a small sauce pot to cover the bottom. Add the sliced broccoli stems, oil, garlic and

salt. Begin heating over medium-high heat. When water starts to simmer add the broccoli florets and cover with a lid.

3 Steam until the broccoli is tender and bright green, no more than five minutes. The water will finish evaporating just as the broccoli finishes cooking.

4 Remove the pan from the heat and give it a good shake before tossing the broccoli with the oil and garlic. Serve immediately. **THE CANADIAN PRESS**

Ingredients:

- 1 head of broccoli
- A splash of olive oil
- A clove of sliced garlic
- A splash of water
- A sprinkle of salt and pepper

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If you want to run with the big boys you have to create your own turning point.

After months of persistent phone calls Lacavera finally found himself in

front of Egyptian wireless billionaire Naguib Sawiris.

After hearing Lacavera's pitch, Sawiris decided he liked the passionate Canadian. Lacavera suddenly had the \$700 million dollars in capital he needed to push Globalive to the next level.

WIND Mobile launched in December of 2009 and now has over 100,000 new customers.

"My dream is for Globalive to become the fourth largest telecommunication company in Canada."

A new year has begun. Do you have dreams and hopes for the future like Anthony Lacavera? Go for it! Craft your vision and then find a way to get it done. Make 2011 a turning point for you.



► Anthony Lacavera, mastermind of WIND Mobile, earned a \$700 million investment thanks to a passionate pitch.

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Anthony's advice

- Building a business has up and down moments — in a down moment I always try to focus on the things I've done that have led to the up moments.
- Whenever I meet an extraordinary person, I try to think of a way to make it exciting for them to join our team!
- I have learned not to go after every great idea that I come across. It is so important to stay focused on what you do well and build from there.
- Always make time for yourself to do whatever you enjoy no matter how much work you have to do.

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► Dust off that old paperback and find pleasure in prose as Literacy Day approaches

ISTOCK

My New Year Resolu



► Got some words on the brain? Plot them out on paper!

Resolve to read

This year, make a resolution for lifelong learning with these literacy tips from ABC Life Literacy Canada.

• **Take a course or upgrade your skills.** People with higher literacy skills earn more income, are less likely to be unemployed and are more likely to find full-time work. To find help with reading, writing and math, visit www.LookUnderLearn.ca.

• **Exercise your mind.** Challenge yourself by doing the daily crossword or Sudoku puzzle.

• **Read aloud together, no matter how old you are.** Reading ability is like a muscle. If you don't exercise it often, you may not be able to maintain the same level of reading ability as you age. Encourage all family members to read and discuss items from newspapers and websites to keep up-to-date on what is happening around the world.

• **Write on.** Keep a journal to express your thoughts and help polish your writing skills. Or, send a handwritten letter or thank you note to a friend, family member or co-worker.

• **Teach kids how to save.** Take time to open a sav-

ings account for your child. Consider seeding it with a few dollars and then have them put a portion of their allowance or earned money in the account. This is a great way to get them in the healthy habit of saving and thinking about achieving financial goals.

• **Give the gift of words.** Need inspiration for birthday, wedding or anniversary gifts this year? Why not give magazine subscriptions, books, or make a donation to a literacy organization in your community?

NEWSCANADA

Page party

► On January 27, 2011, Canadians from coast to coast will Play for Literacy in support of Family Literacy Day.

► Literacy Day is an annual initiative developed by ABC Life Literacy Canada to encourage parents and children to spend at least 15 minutes enjoying a learning activity every day.

► To take part in Family Literacy Day, and to Play for Literacy, visit FamilyLiteracyDay.ca to find a local event or access resources to create your own celebration.

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Handling the day-to-day operations of the business you are able to balance the hectic pace of managing a busy retail environment and it's employees, inventory, merchandising and clientele. You create a positive work environment through coaching, mentoring, and ensuring all personnel policies are followed.

As the Store Sales Manager, you are also responsible for coordinating the overall strategy for the store, such as analyzing sales trends, planning events and determining how to increase the store's profits. You're organizational skills shine through in both management and merchandising ensuring Mills is easy to navigate and maximizes store flow.

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Water Buddy
Everyone is talking about reducing personal water consumption. This iPhone app keeps a record of your water meter readings and suggests ways to limit your usage.



Water Footprint Calculator
With a little help from this

cartoon duck, National Geographic has set up an online water calculator to help measure usage across various areas.



Virtual Water
This nifty app shows how much freshwater is

used to produce some everyday products. Who knew that 500 grams of barley needs some 650 litres of water to grow?

● ANTHONY JOHNSTON



► Is this your way of getting the best out of water?

A water footprint

We've all heard of our carbon footprint — the measure of how much CO₂ is emitted into the atmosphere due to our daily lifestyle. But what about our water footprint? Many industries have been talking about how to conserve water, and are doing it just in the nick of time: The UN predicts that two-thirds of us will experience water shortages by 2025.

At home, we have a water meter, which records only a small fraction of a country's usage. The rest — used in industries — remains a bit of a mystery, a concept known as “embed-

ded water.”

Unfortunately, scientists don't yet have a standardized way to measure the impact of this embedded water. Unlike carbon, some uses of water are much more destructive than others. There's a big difference between a factory using water for cooling and one that mixes toxic chemicals with water. The key issue is what we do with it. California's Pacific Gas & Electric was recently ordered to do more tests on water they had contaminated in a scandal dramatized in the movie Erin Brockovich.

● MICHAEL GRAHAM RICHARD

Queen of Green

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RECYCLING A CHILD'S SEAT

All car seats are stamped with an expiration date, but what's a family to do with old, expired car seats? We have three sitting in our garage, and our regular recycling program won't take them. I hate to think of dumping them into the landfill because it seems so wasteful. Any suggestions? - *Melanie of St. Albert, Alberta*

I must admit this question initially had me stumped. I'd never heard of anyone recycling a child's car seat before. And after a few inquiries I now understand why. It's near impossible.

The City of Edmonton's "Wasteman" informed me that child seats aren't recyclable because they contain too many types of materials — plastic, metal and cloth. However, one lead

uncovered a recycler in Alberta called Kidseat Recyclers that accepts expired car seats. The bad news (for you) is that they're in Calgary. I'd suggest getting in touch with Kidseat Recyclers to find out if they do collections outside of Calgary, or if they know of any businesses planning to expand this service.

Calgary residents can visit kidseatrecyclers.ca for more information about recycling expired seats at various Round-Up Clinics or Inspection Clin-

ics. Kidseat charges a recycling fee of \$7 per car seat and an additional \$2 for the base. You must also remove all fabric, foam and webbing.

Also, the Recycling Council of B.C. (604-RECYCLE) suggested Pacific Mobile Depots pacificmobiledepots.com, which sets up a depot in Vancouver, North Vancouver and Coquitlam every third Saturday of the month from 9 a.m. until noon.



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Black Eyed Peas - The Time (Dirty Bit)
Pink - Raise Your Glass
Katy Perry - Firework
Bruno Mars - Grenade

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Bottled water: friend or foe?

CELIA PERROSO
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Bottled water is one of the great inventions of our time. Very useful when travelling to a remote place, when jogging or hiking. We buy it everyday, without noticing; almost like a cup of coffee.

But do we need to use it when we have good and cheap tap water at home or at the office? Experts say we don't. A multimillion dollar market is generated by bottling and selling water, while the global rate of consumption rose by 5.6 per cent in 2008. In the European Union, the post-consumer PET recycling rate is continuously increasing and now stands at 41 per cent (2008), says the European Federation of Bottled Waters (EFBW).

But this means that most packages are not recycled. The EFBW states: "It is encouraging that recycling rates are increasing but there is still much more that individuals can do. For each packaging type, be it glass or PET, the environmental impact is being reduced by redesign-



ing the bottles so that they contain less material."

Still, environment associations and experts are strongly against the use of bottled water, especially in countries where tap water is of good quality. Pacific Institute President Peter Gleick's new book, *Bottled and Sold*, shows how water went from being a free natural resource to one of the most successful commercial products of the last 100 years.

"Every second of every day in the United States, a thousand people buy a plastic bottle of water, and every second of every day a thousand more throw one of those bottles away," underlines Gleick.

Consumer associations suggest: If you need to carry water with you, use your own refilling container with tap water or keep a large bottled water at home for those needs.

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Rainmen forced to wait for rematch

The Halifax Rainmen will have to wait a few more days to get another crack at the Lawton-Fort Sill Cavalry. The Rainmen, who were scheduled to play the Cavalry yesterday at 3 p.m. at the Metro Centre, postponed the game until tomorrow at 7 p.m. because of inclement weather. The Cavalry are the defending Premier Basketball League champions and swept the Rainmen in the semifinals last season. Both teams are 2-0, the only undefeated squads in the league.

● METRO

Dalhousie hands Cape Breton its first loss

The Dalhousie Tigers became the first Atlantic University Sport men's basketball team to knock off the Cape Breton Capers this season. The second-place Tigers (5-2) beat the first-place Capers (8-1) 93-79 on Saturday at Dalplex but couldn't repeat the feat yesterday, falling 64-57.

● METRO

Offence comes through for Huskies

The Saint Mary's Huskies men's hockey team kicked off the new year in fine fashion at the Forum on the weekend. They beat the St. Thomas Tommies 6-3 and the Moncton Aigles Bleus 5-1 to improve to 12-4-1, second in Atlantic University Sport. ● METRO

Marauders' win fuelled by Herd affiliate

The Metro Marauders posted a huge 6-4 win over the Maritime Junior Hockey League-leading Woodstock Slammers at Dartmouth Sportsplex yesterday. Halifax Mooseheads affiliate Justin Belanger had a hat trick and an assist as the Marauders improved to 21-15-1-1. ● METRO



► Mooseheads head coach Bobby Smith, shown behind the bench earlier this season, didn't like how his team reacted to adversity on the weekend.

Coming back down to earth

► Returns of Martin Frk, Konrad Abeltshauser, Luca Ciampini, Andrew Ryan and Simon Desmarais don't give Mooseheads expected boost



MATTHEW WUEST
@METRONEWS.CA

The Halifax Mooseheads came into the weekend at the Metro Centre riding a wave of momentum and left it with two disappointing losses.

Despite the benefit of five regulars returning to their lineup from two major international tournaments, most notably sniper Martin Frk, the Mooseheads lost 9-2 to the nationally top-ranked Saint John Sea Dogs on Saturday and 5-1 to the Moncton Wildcats on Friday.

Coming off an impressive six-game stretch that saw them go 4-1-1, the Mooseheads got away from the hard-working defensive hockey that was leading them to success.

"I wasn't disappointed with our effort but I was disappointed with the way we reacted to adversity," said owner and head coach Bobby Smith.

"Hey, it's a 68-game season. You're going to lose some games, but

"I wasn't disappointed with our effort but I was disappointed with the way we reacted to adversity."

BOBBY SMITH, MOOSEHEADS OWNER AND HEAD COACH

you've got to keep playing with pride the whole way through."

The Mooseheads were lucky to escape from Friday's game without a wider margin of defeat, as they left goalie Anthony Terenzio to make about a

dozen highlight-reel saves.

The high-powered Sea Dogs, meanwhile, were left with all kinds of open ice to show off their elite skills, particularly early. They scored 39 seconds in and grabbed a 4-1 lead af-

ter the first period, and the Herd couldn't counter.

The Mooseheads hadn't lost by seven goals all season and have done so on home ice only four times in the past eight seasons.

"We didn't play well enough to win — we have to play better than that," Smith said. "The disappointing thing is, we had been playing very well against good teams."

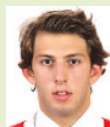
The Mooseheads are 14-26-1-1, 15th among 18 teams in the QMJHL's overall standings.

They're headed out on the road to face the Lewiston Maineiacs on Thursday, their first of three games in four days away from the Metro Centre.

Rookie stopper has bright future

Asked if their were any bright spots on of a disappointing weekend, Mooseheads head coach Bobby Smith quickly pointed to rookie goalie Anthony Terenzio.

Terenzio temporarily relieved starter Frederic Piche on Saturday, allowing four goals on 12 shots, but gave his team



a chance to win with 33 saves in a 5-1 loss to Moncton on Friday.

"Anthony Terenzio has shown he's going to be a No. 1 goalie in our league for the next three-and-a-half years, and that's a huge thing for our franchise to establish," Smith said. "When you look at top teams and what they do to search for a top goalie they can win with, I think we've got ours and he's only 17."

● MATTHEW WUEST

10

The Sea Dogs have beaten the Mooseheads 10 straight times dating back to last season and have won 16 of the past 17 head-to-head matchups.

4

sports

More sports



Halifax's Jillian Saulnier (pictured) and Hammonds Plains' Brittany Haverstock won gold at the MLP Cup women's under-22 hockey tournament in Kreuzlingen, Switzerland, on Saturday. Canada beat Sweden 6-0 in the gold-medal game. Saulnier finished second in tournament scoring with eight points in four games.



Scan for code for more sports

Carmelo, Billups on way to N.J.?

The Nets were closing in on a deal to bring Carmelo Anthony to New Jersey last night.

Talks on a three-team trade with the Denver Nuggets and Detroit Pistons are "advancing," a person with knowledge of the discussions told The Associated Press yesterday.

The trade would reunite Chauncey Billups and Richard Hamilton in New Jersey along with Anthony, the person said on condition of anonymity because he wasn't authorized to publicly discuss the talks. Although there has been progress, the person said there are potential roadblocks.

The deal would fall apart if Anthony refused to sign a three-year, \$65-million US contract extension with the Nets. Billups also has said he would be reluctant to leave Denver.

Anthony refused to discuss a potential deal before the Nuggets played New Orleans in Denver last night.

The Nets were close to acquiring Anthony during the pre-season, but a four-team deal that included Utah and Charlotte fell through. Talks progressed recently with the inclusion of Detroit.

The Nets would send rookie power forward Derrick Favors, point guard Devin Harris and others to Denver in the three-team deal that would get them Anthony, Billups, Hamilton, Shelden Williams and Terrico White, who is injured.

The Pistons would get veteran Troy Murphy and centre Johan Petro. Murphy has a nearly \$12-million contract that will expire after this season.

Anthony can become a free agent next summer. He has refused to sign the contract extension the Nuggets offered him last summer.

Billups and Hamilton were the starting backcourt for the Pistons team that won the 2004 NBA title and remained teammates until Detroit traded Billups to his hometown club for Allen Iverson. **THE ASSOCIATED PRESS**



► Carmelo Anthony

Wild weekend as playoffs begin

- Seahawks stun Saints, while three other teams get wins on the road
- Here's a look at the opening-round results, and next week's matchups



Baltimore Ravens

How they won

Ray Lewis, Ed Reed and the rest of the battle-tested Ravens rattled the Chiefs into five turnovers and held their offence to 25 yards in the second half in a 30-7 playoff victory yesterday. Joe Flacco threw two touchdown passes and Billy Cundiff kicked three field goals.

Now they face ...

... the Steelers. They split two bone-crushing games during the season, with the Ravens winning 17-14 at Pittsburgh in Week 4, the last game of Steelers quarterback Ben Roethlisberger's suspension. The Steelers took the rematch, 13-10.



Green Bay Packers

Aaron Rodgers threw three touchdown passes, seldom-used rookie James Starks ran for 123 yards, and the Green Bay Packers beat Michael Vick and the Philadelphia Eagles 21-16 in an NFC wild-card game yesterday.

... the Falcons. Atlanta (13-3) is the top seed in the NFC, and beat Green Bay 20-17 in November at home. Now the two teams will meet again in Atlanta.



Seattle Seahawks

Pete Carroll, Matt Hasselbeck and a Seattle team no one believed deserved to be in the post-season pulled off one of the biggest upsets with a 41-36 victory over the defending champion New Orleans Saints on Saturday.

... the Bears. Seattle is familiar with the Bears (11-5), having defeated them 23-20 in Chicago in Week 6.



New York Jets

Nick Folk kicked a 32-yard field goal as time expired Saturday night, giving the New York Jets a 17-16 playoff victory over Indianapolis. The Colts (10-7) beat the Jets for the AFC title a year ago.

... the Patriots. The last time they met, the Patriots won 45-3 in a prime-time romp. In Week 2, though, the Jets won 28-14. "We've been wanting the Patriots for a while now," tight end Dustin Keller said. "Ever since that game."

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The point is offence in BCS title

Steve Spurrier, the football coach who knows a little about offence, said the game could wind up 60-55.

Kirk Herbstreit, the TV analyst who knows a little about these teams, said defences must bristle when they keep hearing about scores in the 55-53 range.

The bookmakers in Las Vegas, who don't throw out their numbers just for fun, envision something more like 38-35.

There's a reason Auburn and Oregon are playing in the BCS national title game tonight.

These are two newcomers to the championship scene, both with offences that, almost literally, never take a break. Auburn has Cam Newton, the Heisman Trophy winner who led the Southeastern Conference in rushing, passer efficiency and scoring. Oregon has

Cam Newton



Dealing with Auburn QB Cam Newton will be key for the Ducks.

- The Ducks play about 24 defensive players to keep them fresh, but it doesn't make them any bigger.
- Only five players on Oregon's two-deep defensive depth chart weigh more than the 250-pound Auburn quarterback.
- Newton rushed 1,409 yards, threw for 2,589 and accounted for 49 touchdowns.
- Heisman Trophy winners have gone 2-6 in BCS title games after they won the award, so the Ducks do have that going for them.

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LaMichael James, the key to an offence that likes to snap the ball nine to 11 seconds after the end of the previous play, and one that scores a nation-high 49.1 points per game.

"We're anticipating it

being very quick, obviously, from the things that we've heard," Auburn coach Gene Chizik said. "But we're prepared for that."

Auburn has been pummelled all season with

questions about Newton's status, the result of a maddening investigation into allegations that his father was involved in a failed pay-for-play scheme during Newton's recruitment to Mississippi State.

The NCAA cleared Newton to play shortly before the SEC title game, and with the Tigers confident — at least for now — they won't have to give back the crystal ball if they win it, the most notable thing to pass for controversy this week has been the debate over whether Auburn defensive lineman Nick Fairley is a cheap-shot artist.

Fairley, the Lombardi Award winner as the nation's best lineman, has brandished a reputation for playing very hard through the whistle, and sometimes beyond.

THE ASSOCIATED PRESS

Raptors outpace Sacramento



RAPTORS

KINGS

DeMar DeRozan and Andrea Bargnani are becoming a solid 1-2 scoring punch for the Toronto Raptors.

Bargnani led with 30 points and DeRozan was close behind with 28 in a 118-112 victory yesterday over the Sacramento Kings at Air Canada Centre.

DeRozan, who took over as the Raptors' big scorer when Bargnani was injured, has continued to impress since Bargnani returned Jan. 4 after missing four games with a strained calf.

"I think DeMar has the ability to be aggressive, even when Andrea's on the floor," Raptors head coach Jay Triano said. "They're our two best offensive options."

The Raptors shot 58.5 per cent from the floor. Bargnani shot 12-for-19 from the floor and DeRozan was 13-for-20.

"Offensively, it was good," Bargnani said. "We didn't play good defence the whole game. We got better in the last five minutes and that's what got us the win."

Bargnani knows that DeRozan, has the ability to develop into an offensive force.

"I'm not surprised. I know what he can do. I see him practise every day," Bargnani said. "I'm glad he's finally showing on the court, in the games, what he's capable of doing."

It was DeRozan's eighth game with 20 or more points.

Beno Udrih led Sacramento (8-26) with 25 points. Leandro Barbosa provided a boost for Toronto (13-24) coming off the bench to score 18 points with 11 coming in the fourth quarter.

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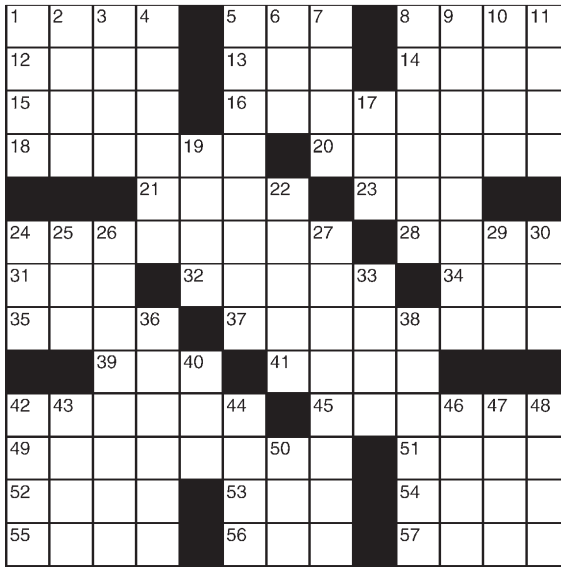
75%

The Raptors made their first 10 shots of the game and hit on 15-of-20 (75 per cent) from the floor in taking a 34-31 lead after the first quarter.

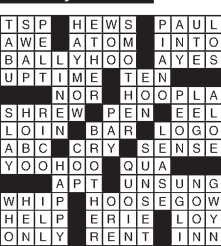
Crossword

Across

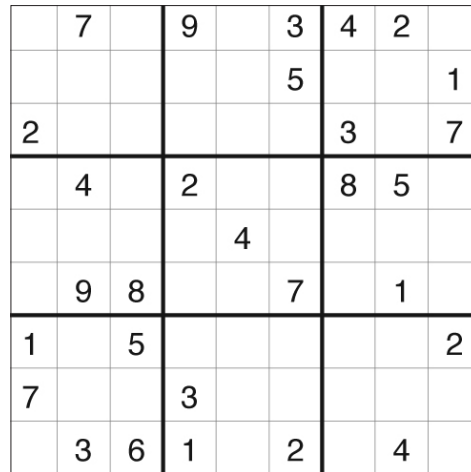
- 1 Eastern potentate
5 Knock
8 Wash
12 Bollywood costume
13 Id counterpart
14 Alkali neutralizer
15 Raindrop sound
16 Unsolved mystery, maybe
18 Martial arts instructor
20 Not so quietly
21 Aleutian island
23 Away from WSW
24 "Price Is Right" jackpot
28 Bullets, for short
31 Cushion
32 Coasters
34 Author Fleming
35 Came to land
37 Piece of luggage
39 Rowing tool
41 "Nerts!"
42 Pieces of work
45 Salary
49 Potential precedent
51 Swear
52 Capri or Wight
53 Scratch
54 Take out of context?
55 High-protein beans
56 Sullivan and McMahon
57 Picnic invaders
- Down**
1 Venomous snakes
2 Masculine
3 Press
4 Coarse cutting tool
5 One-person concerts
6 Past
7 Survey
8 Gap
9 Students' life
10 Workbench attachment
11 Linda of Broadway
17 Female deer
19 Extras (Abbr.)
22 Exhaust
24 Resort
25 Actor Linden
26 With malice



Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

B.K.these past 2 years have been amazing. being with u has made me believe in miracles again. i love u with all my heart. you are my best friend, my ride n die, my family. lets make 2011 ours! xoxo N.J.

To my monkey, You have made the last year amazing. You are my best-friend, the love of my life and my partner in crime;) I can't wait to see what the future holds for us! Happy 1 year Anniversary LOVE JOSE XXXX

Hey winster!!!! I know it has been a long and challenging year. But you pulled through. just wanted to send you a kiss and remind you that you are an amazing friend and great mom:) keep being you and remember there are people out there that are proud to be called your friends:) Your craz-ay girlfriend JANE:) XO

Today's horoscope

♈ Aries March 21-April 20 Use your head today and you won't go far wrong. Others may get emotional about what's going on but you must not allow petty feelings to get in the way of business.

♉ Taurus April 21-May 21 A creative project you have been working on for quite some time must be wrapped up quickly. Soon there will be other, more important, calls on your time and energy, so get it finished by the end of this week.

♊ Gemini May 22-June 21 Your dominant position will be challenged but anyone who thinks you will just roll over and play dead obviously doesn't know you too well.

♋ Cancer June 22-July 22 Cancer may be a cardinal sign but no matter how ambitious you may be there is only so much you can do in a day. Know your limits and stay within them.

♌ Leo July 23-Aug. 23 You may be imperious by nature but you are always prepared to listen to good advice and what friends and family members tell you today is worth its weight in gold. Don't cash it in yet though — it's value will keep rising.

♍ Virgo Aug. 24-Sept. 22 Avoid negative thinking at all costs today. If you allow yourself to dwell on the worst that might happen you increase the chances of it coming about. A positive attitude is an absolute

must.
For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 There is something you have left unfinished, something that needs to be done as a matter of urgency. The longer you leave it the more likely it is you will have to rush it.

♏ Scorpio Oct. 24-Nov. 22 You need to spend some time alone today, if only to get your thoughts together. You don't have to ask anyone's permission to slip away for a few hours.

♐ Sagittarius Nov. 23-Dec. 21 You are, of course, entitled to your opinions but are they backed up by the facts? If not you may have a hard time trying to explain to other people today why you are so passionate about what you believe.

♑ Capricorn Dec. 22-Jan. 20 A little effort will go a long way today. The Sun in your sign gives you no end of confidence and you won't hesitate to strike out in a new direction if it feels right.

♒ Aquarius Jan. 21-Feb. 18 What others say and what others mean today are likely to be two entirely different things, so don't take what you hear at face value.

♓ Pisces Feb. 19-March 20 The reason why certain people are being unhelpful is because of something you said to them, or about them, a long time ago. It may be silly that they still bear a grudge but it's up to you to make amends.

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Caption contest



"Are we too late for the 'six geese a laying' try outs?"
PAUL P

WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.



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